



## FOR YOUR SAFE MOBILITY

Getting up and moving around are important to your health. Feeling weak, taking certain medicines and being in a new place may make you more likely to fall. Together with your family and Care Partners, we can help you move around safely.

### WE SUGGEST YOU:

- Ask about our Fall Prevention Program.
- Follow our instructions for getting in and out of bed or chair, walking around, and getting to the bathroom.
- Keep items you often need in easy reach.
- Tell us if you need help to get to or use the bathroom.
- Sit for a minute before getting up.
- Ask for help to get up if you feel weak or dizzy.
- Use assistive devices for getting up and/or walking if you need them.
- Do not use rolling tables, IV poles, or other furniture for support.
- Wear your glasses and hearing aids.
- Wear low-heeled, non-skid shoes or slippers when moving around.
- Let us know if you see any hazards like liquid spills, clutter or uneven walkways.

### WE WILL ASK YOU QUESTIONS OR OBSERVE YOU TO IDENTIFY YOUR RISK FOR FALLING; THEN WE MAY:

- Ask you to wear a yellow armband to alert all caregivers to help you move around.
- Offer help getting in and out of your bed, chair or car.
- Use lift equipment to move you safely.
- Recommend Physical Therapy or Occupational Therapy.
- Use a bed or chair alarm so we can respond more quickly to your movements.
- Ask your doctor or pharmacist to talk with you about medicines you take that can make you sleepy and increase your risk for a fall.

Thank you for being our partner in patient safety. Speak up if you have questions or concerns.